



ABENAKI NEWS



Volume 22, Issue 4

"Semper Vigilans!"

Winter 2019

WING CALENDAR

Lesley M. Lara
CAP Executive Administrator

JANUARY

4 ES TRAINEX KCON
15 Wing Staff Meeting online
18 Wing Conf. 0730-1700 Pembroke
Change of Command
20 Martin Luther King holiday

FEBRUARY

1 NCSA Boards 0800-1600
8 ES Lyme Exercise Dartmouth
Outing Club hut
Unit Commanders Course CON
22-29 Winter Academy
NH Army Guard RTI Pembroke

MARCH

7 ES A5 Exercise TBD
14 Aircrew Safety Meeting CON
15 Abenaki News deadline
18 Wing Staff meeting online
28 Summer Academy staff select
0900-1400 Trinity Baptist CON

Published by

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"SEMPERVIGILANS"

COMMANDER'S CORNER

Col. Kevin N. Harbison, NHWG Commander

We are fast approaching the end of another quarter and a calendar year in New Hampshire Wing. This quarter brings with it more personal reflection than the ones in the past. As the end of my tour approaches, I'm taking time to look back on all that happened during my time in command. The four years have gone by as they say, in a blink of an eye. In each year, we faced new challenges, new hurdles, and many new opportunities for success. The one thing I'm left with as I look back is a deep heartfelt sense of pride for the hard work and the professionalism you have all shown through the years. The successes this wing has had the past two years are many and varied. They include successful operations evaluations that were conducted by the United States Air force. The second one, in particular, was great as the wing received an overall outstanding on its evaluation. We consistently performed at high levels of the flying and air cadet operations. Many hard hours were spent training on the items of vital importance to help us fulfill our mission better. The volunteers of this organization always stepped up, always leaned in, and always performed with the highest levels of professionalism.

The cadet program within this wing trained hundreds of cadets over the past four years at various academies and activities. The cadet program officers who gave so much time to support these cadets are amazing in their selfless dedication to our youth. Many of you may never get the opportunity to see the positive impact of your efforts in support of these cadets. They will all go on fully prepared fully ready to face those challenges that lie ahead and their lives. And as I've always said, we save more lives through our cadet program than we ever do through emergency services.

Continued pg. 8

AWARDS AND PROMOTIONS

CONCORD

Ryan Wood	C/SMSgt
Jacob Gurtner	C/MSgt Ach. 5
Emily Fulton	C/TSgt
Ryder Fisk	C/SSgt
Nicholas Hervey	C/SSgt
Nathan Peck	C/SSgt
Matthew Schultz	C/SSgt
Douglas Bickers	C/SrA
Riley Pepper	C/SrA
Jameson Raymond	C/A1C

HIGHLANDERS

Sheighlyn Folger	C/MSgt
Kaiden Friend	C/SSgt
Hannah DeBow	C/TSgt
Emmalie Kelley	C/SrA
Abigail Young	C/SrA
Jacob Patterson	C/SrA
Ryan Thompson	C/A1C
Asher Proulx	C/A1C
Joshua Keeney	C/Amn
Aiden Marble	C/Amn
Reuben Proulx	C/Amn
James Phelan	C/Amn

SEACOAST

Mark Sommer	C/1 st . Lt.
Anna Madden	C/CMSgt
Jack Hatfield	C/SMSgt
Jeffery Denton	C/MSgt
Emily Chang	C/SSgt
Riley Quinn	C/SSgt
Edward Priestley	C/SSgt

SENIOR MEMBER PROMOTIONS

Joseph Turner Highlanders 2nd Lt



SQUADRON NEWS

Submitted by Individual Units



CONCORD COMPOSITE SQUADRON

Concord Squadron had over 20 members participating in the 68th Annual Concord Christmas Parade with a Color Guard and banner. Members were newer cadets and longtime members as well who wanted to show off their squadron.



HAWK COMPOSITE SQUADRON

As a young Jonathan Winslow was interested in flying the 13 year old happily accepted a scholarship to attend the Ace Academy's program at Laconia Airport in 2016. Jonathan, the adopted son of Glen and Mary Winslow, had ambition and a sense of adventure. He attended Ace Academy three different summers. While attending he met Capt. Panus of Hawk Squadron who encouraged him to join CAP's Hawk Squadron. Jonathan went online to learn more about CAP then attended an Open House at Hawk Squadron. He knew he wanted to join which he did in 2018. Now a C/SrA he wants to be an AF pilot. He was born in Haiti and arrived in NH in 2005. On Nov. 5, 2019, at the US Customs and Immigration Services Building in Bedford, NH 16 year old Jonathan Winslow would complete the last requirement for full American citizenship. The CAP may have given him the opportunity to fly, but it was Glen and Mary Winslow who gave him wings.

Excerpted from an article by LTC Moffett of CAP. Read the whole story at: www.weirs.com



Jonathan, Glen and Mary Winslow

HIGHLANDERS CADET SQUADRON

Four new cadets have joined the squadron. O'flights at Pease were enjoyed by cadets L. Turner, H. DeBow and I. Aube. In November a group of cadets visited the NH National Guard Base in Concord where they got up close and personal with a Blackhawk Helicopter. Members marched in the annual Rochester Christmas Parade. The squadron held a Christmas party on 19 December. Cadet L. Turner was recognized as Cadet of the Quarter for the third quarter and Cadet S. Folger was recognized as Cadet of the Quarter for the fourth quarter of 2019. Congratulations to both.



Highlanders Cadets in a Blackhawk Helicopter

MONADNOCK COMPOSITE SQUADRON

Members held an Open House back in November as well as giving o'flights to four cadets. At the 4 December meeting the squadron celebrated CAP's birthday with cake and a game of CAP trivia.



NASHUA COMPOSITE SQUADRON

New activities have been added for members such as Honor Guard, discount tickets to a Manchester Monarchs game, glow bowling, hiking Pack Monadnock, two picnics a Halloween party and a holiday awards and promotions banquet. Open House events have been increased from 2 to 4 per year. A very interesting WWII guest speaker visited the squadron on 5 December. John Katsaros 95 years young, told of being shot down in a B-17 over France and his capture by the Nazis. He escaped and was captured again. The squadron fundraiser this year was selling donuts outside of supermarkets which raised over \$5000. They are looking to expand external Aerospace Education to get CAP better known in the Nashua area.



Nashua Squadron Members w/guest speaker

SEACOAST COMPOSITE SQUADRON

The squadron was busy during the quarter with fundraising for Wreaths Across America to obtain sponsorships for wreaths to be placed on veteran's graves at the Exeter Cemetery. The wreaths were placed on 14 December prior to a short ceremony led by the color guard and placement of ceremonial wreaths for the five branches of the service as well as Merchant Marines and POW/MIAs. Marksmanship training continues weather permitting at the Exeter Sportsman's Club. Ten cadets recently participated on a Tuesday afternoon. O'flights were enjoyed by five cadets back in November. Cadet McLaughlin was recognized as Cadet of the Quarter for the third quarter. The cadet Christmas party and Yankee Swap were held on 19 December. The seniors will have their post holiday party at

the Portsmouth Naval Shipyard on Jan. 2. Capt. Kamine, the squadron medical officer, did some first aid training on treating bleeding and fractures. A large group of Great Start graduates were promoted on 12 December. Maj. Grantham has been conducting a uniform class for the seniors on wear of the correct combinations in uniforms. Seacoast members donated toys and gift cards to an adopted family of a member of the NH Air National Guard for Christmas.



Seacoast Members with Toys for Adopted Family

WHITEFIELD COMPOSITE SQUADRON

The squadron held a Christmas party with cookies and copies of the book “Make Your Bed” by Adm. McRaven a former Navy Seal who tells of his Seal training and relates to the difficulties of everyday life. He covered 10 fundamental life lessons learned in seal training. If you make your bed every morning you have accomplished the first task of the day. This will give you a small sense of accomplishment and will encourage you to do another task and another. Cadet Woodson received his first o’flight recently.

Several members of the squadron visited the Mt. Washington Observatory Museum in No. Conway learning about the world’s worst weather and why. They had a live video link with observers at the top of the rock. (Mt. Washington).



Mt. Washington cadets with their personal copies of “Make Your Bed”



Mt. Washington members at the Observatory Museum

Commander's Corner continued

It has been great fun and a great honor to share the last four years with you. We have had much laughter and fun times together with the great fellowship and the friendships that we've developed. We've also shared many tears over those same close friends who have passed on from us. Each one of those people that we lost the past four years enriched our lives and we will always remember them. As with all commands, the commander's seat is never empty and will always be filled. Lt Col Darin Ninness is an excellent officer, and I have every confidence that he will make a fantastic commander. As for what's next for me? I plan to help Darin wherever I can, at least for the first six months of his

command. After that, I am off to Huntsville, Alabama. My wife has been transferred there, and we will be setting up our new home there. This will end a 20-year chapter in my life. I have never lived anywhere more than three years straight until I moved back to New Hampshire. I'm not looking forward to seeing what 20 years of stuff has accumulated in my house. I will miss all of you deeply. Thank you again for the absolute privilege of serving as your commander

Thoughts from Chaplain Gary:

Two holidays in December

Christmas and Hanukkah occur this year on the same day. This unusual event prompts some thoughts on some shared aspects of the two holidays.

Hanukkah celebrates the victory, about 164 BCE of the "Maccabees" over the Seleucids (Syrian-Greeks), then controlling the land now known as Israel. We read in the Book of Maccabees (part of the Apocrypha) that they tried to force the people of Israel to deny their religion. The Maccabees fought to reclaim and rededicate the Holy Temple. There they sought to light the Temple menorah (candelabra). The miracle of a small amount of sacred oil being able to provide light for eight days instead of the one day it was supposed to last is the traditional reason for celebrating the festival.

Christmas means many things to the Christian community, in both religious and secular ways. However, there is one essential common element.

Both holidays feature lights. This is not a coincidence, as December has the least amount of daylight in the year. Hanukkah is known as the Festival of Lights due to the lighting of the menorah. Each family (and synagogues as well) will light their own Hanukkah menorah for each of the eight nights. Christian families will display lights, whether decorating a tree or a house or a garden.

The darkness of winter is countered by light.

Medical Officer Notes:

I hope everyone enjoyed the holidays and New Year. As we enter the New Year, and the coldest months of the year typically in New Hampshire, I wanted to discuss cold injuries, specifically hypothermia. If you recall, I wrote about heat illnesses during the summer, hypothermia will mirror that to some extent. Since we are warm blooded animals, our body works very hard to maintain our temperature in the normal range that is conducive to cellular function. This range is extremely narrow given the wide swings of temperature on Earth—35-38°C or 95-100.4°F. Because the natural

temperature range of earth is mostly below our body temperature, we are better adapted at warming up than cooling down.

Hypothermia, like heat illnesses, are divided up based on core body temperature. Hypothermia is divided into three ranges: Mild (32-35°C/90-95°F); Moderate (28-32°C/82-90°F); and Severe (<28°C/82°F). Patients who are mildly hypothermic will be alert and shivering, but not functioning normally, and not able to care for themselves. Patients who are severely hypothermic will be unconscious and not shivering. Patients who are moderately hypothermic are somewhere in between. It is also important to note, especially in the context of SAR missions that patients with a core body temperature from 14°C-24°C/57°F-75°F may appear to be dead for all intents and purposes (i.e. not breathing, no pulse), but they can still be resuscitated. With core body temperatures <14°C/57°F resuscitation is unlikely, but not impossible, and should still be attempted.

If you recall the discussion on heat stroke, there are 4 ways to lose heat to the environment: Evaporation, Radiation, Conduction and Convection. In heat illness, evaporation of sweat is the most clinically important way of losing heat. The most common mechanism of accidental hypothermia is either conduction to cold water or convection to cold air. Conduction is by far the most efficient method of heat transfer which is why people can get hypothermia from being in the cold waters of the Colorado river below Lake Mead even when it is 100° outside (the physics of why the water is so cold is fascinating and a discussion for later). It is also why it is critical to remove wet clothing from someone who is hypothermic. It is also why it is possible to get hypothermia when the temperature outside is well above freezing if it is raining.

Once you have determined that someone is hypothermic, either a SAR target, or just another cadet or senior, the first step is to remove wet clothing and begin passive external rewarming with blankets or thermal insulation (space blankets) in a warm room—more than 82°F. If someone is moderately or severely hypothermic, these methods are unlikely to be completely successful and 911 should be called immediately.

As with most of medicine, prevention is the best therapy. Dress warmly! And importantly, dress in layers so that you can remove layers if you get too hot and add them if you are cold. If you are dressed so warmly that you are sweating, you now are covered in wet clothes which can cool you off more than you intend. Make sure that you are covering exposed skin when the wind chill drops below 0-10°F. If you get wet, even if it's in the 40s-50s outside, make sure to remove your wet clothing and put on warm, dry clothing to prevent hypothermia.

As always, please feel free to contact me with any questions or concerns at tkamine@nhwg.cap.gov. Stay safe and warm out there!

Capt. Tovy H. Kamine, MD, CAP
Seacoast Squadron Medical Officer

Notes from LTC Lamontagne NHWG Medical Officer

Flu shot: Your best bet for avoiding influenza. Getting a flu shot often protects you from coming down with the flu and although the flu shot doesn't always provide total protection, its worth getting. This year's annual flu shot will offer protection against three or four of the influenza viruses expected to be in circulation this flu season. A high-dose flu vaccine also will be available for adults age 65 and older. Influenza is a respiratory infection that can cause serious complications, particularly in young children, older adults and people with certain medical conditions. Getting an influenza vaccine — though not 100% effective — is the best way to prevent the misery of the flu and its complications. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6

months of age or older be vaccinated annually against influenza. Here are the answers to common questions about flu shots: When is the flu vaccine available? The flu vaccine is made by private manufacturers and takes about six months to produce. The availability of the flu vaccine depends on when production is completed, but generally, shipments begin sometime in August. Doctors and nurses are encouraged to begin vaccinating people as soon as the flu vaccine is available in their areas. It takes up to two weeks to build immunity after a flu shot, but you can benefit from the vaccine even if you don't get it until after the flu season starts. It's usually best for people in the United States to get their flu vaccine by the end of October. However, you can still protect yourself against late flu outbreaks if you get the vaccine in February or later. Why do I need to get vaccinated every year? Because flu viruses evolve so quickly, last year's vaccine may not protect you from this year's viruses. New flu vaccines are released every year to keep up with rapidly adapting flu viruses.

When you get vaccinated, your immune system produces antibodies to protect you from the viruses included in the vaccine. But antibody levels may decline over time — another reason to get a flu shot every year. Who should get the flu vaccine? The CDC recommends annual influenza vaccinations for everyone age 6 months or older. Vaccination is especially important for people at high risk of influenza complications, including: • Pregnant women • Older adults • Young children Children between 6 months and 8 years may need two doses of the flu vaccine, given at least four weeks apart, to be fully protected. A 2017 study showed that the vaccine significantly reduces a child's risk of dying of the flu. Check with your child's doctor. Chronic medical conditions also can increase your risk of influenza complications. Examples include: • Asthma • Cancer or cancer treatment • Chronic obstructive pulmonary disease (COPD) • Cystic fibrosis • Diabetes • HIV/AIDS • Kidney or liver disease • Obesity.

Who shouldn't get a flu shot? Check with your doctor before receiving a flu vaccine if: • You're allergic to eggs. Most types of flu vaccines contain a small amount of egg protein. If you have a mild egg allergy — you only get hives from eating eggs, for example — you can receive the flu shot without any additional precautions. If you have a severe egg allergy, you should be vaccinated in a medical setting and be supervised by a doctor who is able to recognize and manage severe allergic reactions. There are also flu vaccines that don't contain egg proteins, and are Food and Drug Administration (FDA) approved for use in people age 18 and older. Consult your doctor about your options. • You had a severe reaction to a previous flu vaccine. The flu vaccine isn't recommended for anyone who had a severe reaction to a previous flu vaccine. Check with your doctor first, though. Some reactions might not be related to the vaccine.

Can the vaccine give me the flu? No. The flu vaccine can't give you the flu. But you might develop flu-like symptoms — despite getting a flu vaccine — for a variety of reasons, including: • Reaction to the vaccine. Some people experience muscle aches and a fever for a day or two after receiving a flu vaccine. This may be a side effect of your body's production of protective antibodies. • The two-week window. It takes about two weeks for the flu shot to take full effect. If you're exposed to the influenza virus shortly before or during that time period, you might catch the flu. • Mismatched flu viruses. In some years, the influenza viruses used for the vaccine don't match the viruses circulating during the flu season. If this occurs, your flu shot will be less effective, but may still offer some protection. • Other illnesses. Many other illnesses, such as the common cold, also produce flu-like symptoms. So you may think you have the flu when you actually don't.

Can I lower my risk of the flu without getting a flu shot? The flu vaccine is your best defense against the flu, but there are additional steps you can take to help protect yourself from the flu and other viruses. These steps include the following: • Wash your hands often and thoroughly with soap and water. • Use an alcohol-based sanitizer on your hands if soap and water aren't available. • Avoid touching your eyes, nose or mouth whenever possible. • Avoid crowds when the flu is most prevalent

in your area. ● Practice good health habits. Get plenty of sleep, exercise regularly, drink plenty of fluids, eat a nutritious diet and manage your stress.

You can also help prevent the spread of the flu by staying home if you do get sick.

Courtesy of the Mayo Clinic